



Raspberry Chocolate Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



183 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.5 banana peeled sliced
- 1 leaf mint leaves fresh chopped
- 1.3 cups raspberries unsweetened frozen
- 0.8 cup chocolate sorbet
- 0.8 cup chocolate soy milk flavored

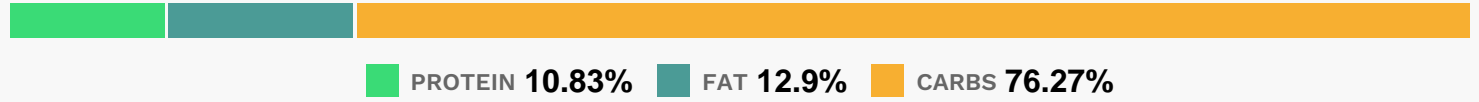
Equipment

- blender

Directions

- In a blender, blend the soy milk, sorbet, raspberries, and banana until smooth.
- Garnish with mint to serve.

Nutrition Facts



Properties

Glycemic Index:57.1, Glycemic Load:5.22, Inflammation Score:-6, Nutrition Score:12.058260710343%

Flavonoids

Cyanidin: 34.33mg, Cyanidin: 34.33mg, Cyanidin: 34.33mg, Cyanidin: 34.33mg Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.74mg, Pelargonidin: 0.74mg, Pelargonidin: 0.74mg, Pelargonidin: 0.74mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 2.78mg, Catechin: 2.78mg, Catechin: 2.78mg, Catechin: 2.78mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 182.62kcal (9.13%), Fat: 2.66g (4.1%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 35.4g (11.8%), Net Carbohydrates: 28.18g (10.25%), Sugar: 20.98g (23.31%), Cholesterol: 0mg (0%), Sodium: 87.16mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.05%), Vitamin C: 28.75mg (34.85%), Manganese: 0.59mg (29.4%), Fiber: 7.22g (28.88%), Vitamin E: 2.91mg (19.41%), Vitamin B3: 3.57mg (17.83%), Vitamin B6: 0.36mg (17.82%), Vitamin B12: 0.96µg (15.93%), Calcium: 145.34mg (14.53%), Vitamin B2: 0.23mg (13.38%), Folate: 50.54µg (12.64%), Copper: 0.2mg (10.05%), Potassium: 346.49mg (9.9%), Vitamin A: 412.67IU (8.25%), Vitamin D: 1.06µg (7.08%), Magnesium: 24.86mg (6.22%), Vitamin B1: 0.09mg (5.89%), Iron: 1.05mg (5.85%), Vitamin K: 6µg (5.71%), Zinc: 0.58mg (3.85%), Selenium: 2.48µg (3.54%), Vitamin B5: 0.35mg (3.47%), Phosphorus: 28.6mg (2.86%)